

THE NUGGET

Volume 15

FEBRUARY 16, 1984

ISSUE 19



The Great Northern Concrete Toboggan Race Cabaret

The cabaret started out slow. Dinner was served between 8 to 10:30 which consisted of roast beef on a bun with salad. There were some guys dressed up as No Nookers which were one of the contestants in the toboggan race and came first but they weren't a student body of Nait so it didn't count. I think anybody can enter as long as they were a student at one time or another. There toboggan was called the Booze Missie.

There were two bands Voice and Rampage. The first and third set was Voice at 9:15 then at 11:25 which consisted of 5 members. 1 girl and 4 guys and the girl was on drums and percussion(alright). It was Sherry on drums and percussion, Dewain on keyboard, Bill on guitar, Ron on bass and Malmcum Swam lead vocalist. Voice mainly played new wave songs. People started dancing 10 minutes after the band started playing. The set was 45 minutes long which ended at 10 pm. The last song they played was "Danger To Be Different" which is one of their originals. The third set was 50 minutes long.

The second and fourth set was Rampage which is a 4 man band. Jeff Murray lead vocal and bass guitar, Rob Dulacka lead guitar, Doug Dirkon keyboard and guitar and Leo Guidon on drums. This band was great. They started off with dried ice floating around the stage. Rampage played different kinds of music from the Beatles to new wave. The lighting on the stage was excellent. This is the best local band I've have seen in a long time. In the fourth set they(Rampage) started off again with dried ice but also sparks lit off on each side of the stage. The floor was always packed with people. To me this band has a great future ahead of them.

There were guys from all over such as B.C., Calgary, Sask., Manitoba, and Ontario. Especially Ontario or also known as Eastern 1 who were just having a great time all night. They even got up on stage and sang their Engineer song. Eastern 1 were from Waterloo University. The cabaret ended about 1:15 but the parties were just starting on 2nd floor.

The overall appearance of this cabaret was an excellent thanks to CIVIL & BCET. You had a chance to meet people from all over. Plus the band were just great too. One of the best cabarets I've seen in along time. Way dah go Civil & BCET.

B. Pollard



"Beat me! Abuse me! Beat me again!"



"How d'ya start this thing?"

The Great Northern Concrete Toboggan Race Awards & Results

| | |
|-----------------------------|--------------------------------|
| Fastest Single Time | BCIT #1 |
| Second Fastest Time | NAIT #3 "A Team" |
| Best Combined Time | NAIT #1 "Half Fast" |
| Fastest Alumni | NAIT #8B "Booze Cruise" |
| Second Fastest Alumni | NAIT #8A "Banana Split" |
| 1983 Fastest Run | NAIT #10 "Black Gold" |
| Team Spirit Award | University of Waterloo |
| Award of Merit | U of C #2 |
| Award of Merit | NAIT #9 "Miss Budweiser" |
| Engineering Beauty & Design | Red River Community College |
| Braking System Award | UBC #1 |
| Most Spectacular Run | R.M.C. Kingston |
| Long Shot Award | SAIT "The Gullet Dorkers" |

Thanks to all participators and spectators at the hill and the cabaret. It was a great success and a lot of fun!!

B.C.E.T.

THE CARTOONIST

BY NORVM KUZOBEN



THE SECOND PAGE

EDITOR'S NOTE

What is the Point of Naitsa?

If you asked 500 students this questions you would probably get variety of results. They could range from "I don't know, Bob" to an answer that may or may not be correct.

I don't really know why we elect these people to "run our student affairs, because the affairs of students more often than not tend to be very trivial. Our current executive tries to do their job but are they really doing it for the students or for themselves? I could probably give a couple of names of those people who really don't care about the students but rather their resume; but what would be the point of this.

When I started my job as Editor of this "paper", I was doing it for my resume. Yes, folks I was selfish, but let me stress the word, WAS. Now I can honestly say that if I only cared for my resume, I wouldn't have got such shit marks on my midterms and I wouldn't spend quite as much time in my office and less time in class.

Lets get back to the topic at hand, our executive is not useless and they do try to do something, I am just not sure what. So far, our biggest topics at General Council have been, "Posters on painted surfaces", "Parking fees got increased", "Infractions at cabarets" and "Our 1983 yearbook isn't done yet." Out of these four topics that never seem to end, only "Parking really seems to be a student affair. The other three may have some sort of student orientation in them.

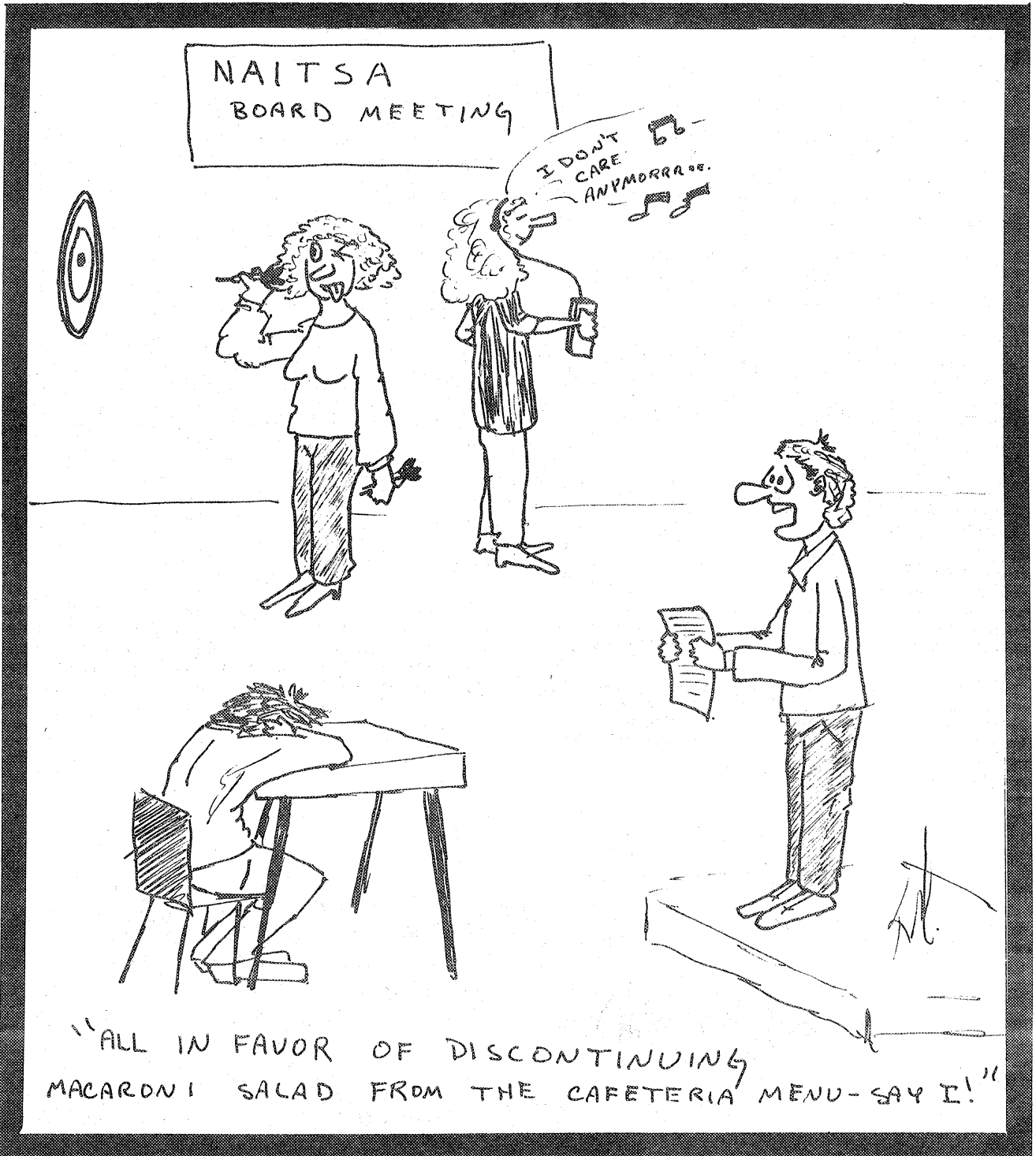
For example, about every month Posters have been on a agenda at General Council. But who really cares if EET made 100 posters for their ski trip and put some up on painted surfaces or not who really cares?

You must excuse my attitude this week, but I have been very nice to most people throughout this year, and I think that some people on our current executive are lucky that a new executive is coming in, in roughly a months time.

As for General Council, most of our technology representatives, are so apathetic that anything NAITSA wants to put through, gets through. It makes me sick sometimes. For example, our budget that went through in October had 5 minutes of discussion. One year ago October, they had one whole meeting devoted to the budget. What was this, who knows?

A reason that certain General Council members are there is to get their names down, as the motion to adjourn

I know I am asking for miracles but, will somebody tell me why to days students are so apathetic that we are prepare to let our executive get away with anything? Probably not!



Letters To The Editor

Dear Editor:

There are very few things to NAIT to complain about, but I would like to get something off my chest. I'm a second year Engineering student and have just received as assignment that was handed in awhile ago. The problem is not the mark that I received but the marks that were received through the technology.

It seems that while some students had red marks all over their drawings and received poor marks, other students who had the same number of red marks on their drawings received very good marks. In some cases, a student who had very few red marks on their drawings and received a justifiable mark, while another student who may have handed in an assignment that was incomplete, have no red mark on his drawing and receive a mark which was above 80 per cent.

I would like to make clear that I am definitely not blaming the student(s) who received the marks but the instructor who gave the marks out. Also, I am not criticizing the instructor's methods of teaching(which happens to be very good) but his method of marking. I would also like to make clear the fact that I am not blaming all of the instructors in the technology but only two or three at the very most.

What I am trying desperately to say, is that the marks in some of the courses are incredibly inconsistent. I have talked to other students who feel much the same way. I would like to see the instructor(s) get their act together and do some half-decent marking, not this slipshod stuff they're pumping out. A lot of students who really work are getting poor marks while others who do just enough work to get by are getting the impressive marks which to me seems very unfair. I'm beginning to think that some of the instructors are just looking at the names on the assignments and giving the marks out accordingly. I am very sincere in saying that the instructor(s) try to make an effort in marking according what was assigned, not according to who's who.

A concerned EDDT student

To the Edit or:

I recently read your "note" about Judy and her baby and I completely disagree with you.

First of all, pregnancy is not hundreds of problems and unexpected headaches and neither is motherhood. I have had more problems in dealing with narrow minded people, like yourself, than I have had with my child.

Secondly, age does not always bring "financial stability and psychological maturity". Therefore, the statement about young mothers being too irresponsible is ridiculous.

Also, I have yet to meet a single parent(and I know quite a few) whose child is starving, or is looked upon as a liability.

And as far as your statement that young mothers won't reach their "full potential" goes, I have never heard such utter nonsense in my entire life!

I am a single mother and had my daughter when I was eighteen. Since her birth, I returned to high school for six months. Then I attended Pre-Technology and this year I am in Electrical Engineering Technology. My daughter's birth made me decide to go back to school. I don't know what you consider "reaching full potential" but I think that I am.

And, it's not just myself. The high school I attended was Terra, a school for unwed mothers and pregnant teens. I had the pleasure and privilege of meeting and knowing several loving, single, young, mothers who were all there for one reason: to reach their goals.

I am very upset by your comments and find it hard to believe that someone my age can be so narrow minded.

sincerely hope that you soon adopt the attitude of most people around you. All of my family, friends, and instructors have been nothing but caring and supportive. I am sure that Judy could use this from you and not your mindless opinion. It's attitudes like yours that make it hard to be a single parent, not the child.

If you really do want to know the facts on single parents, contact Terra at 465-9272.

And until you do know the facts keep your mouth shut and eyes open. You'll see we're not as irresponsible as you think.

Joyce Drewin

Philosophy:

Be careful of what you pretend to be because you are what you pretend to be.
Remington Steele

Keep your feet on the ground and keep reaching for the stars.
Casey Kasem

Joyce:

Firstly I'd like to thank you for your informative response to my article. As I noted in my article, I was simply stating my opinion as an outsider looking in. I'm glad that you've shared your experiences with the rest of us and you should be commended on your hard work and responsible attitude. I consider myself corrected and I'm sure all the other people who agreed with me will as well. I was trying to get people to think and thankfully I have.

Marcellus G. Thomson

Dear Marcellus:

After having read your editorial on single mothers, I have to agree with your point of being fair to Judy and the baby. I come from this sort of situation where I was raised by my mother for about 2 1/2 years before being adopted and although I do miss the closest contact with my real mother, my adopted mother has always been there for me. Getting back to being fair to the child, I have to believe that my mother did the best for me, not only because my childhood was very happy, but for my own piece of mind. You see, if I only pondered upon what I would have missed, then my childhood would have been miserable.

The thing that I probably want to do the most is to find my real mother and not to find out why I was given up after such a long period of time, but to thank her for giving me the chance to grow up and have the opportunities that a unadopted child with two parents could have.

Sam Smith

Dear Sam,

Thank you for giving us your insight. When I first thought about writing an article for the Nugget, I wanted to write something that would make people think, arouse some emotion, and ultimately I would like to think that we all could learn something. I believe that in this case (my last week's article and these subsequent letters) this has happened. Hopefully in future columns, we can have the same success.

Marcellus G. Thomson

MOVIE REVIEW

UPDATE

By Byron A. Martin

LISSITER

Tom Selleck stars in the title role of "Lassiter" as a romantic rogue with a taste for easy living and precious gems.

Having prospered in pre-war London -- without running afoul of the law -- he is suddenly in deep trouble.

A fortune in uncut diamonds is being funneled through the German Embassy in London to finance Hitler's European and South American espionage network. The FBI and Scotland Yard would like Lassiter to "intercept" them.

If he refuses, he'll be framed for an armed robbery he didn't commit. If he gets caught, both American and British authorities will deny knowing him -- and he'll be executed as a spy.

He is literally between the rocks and the hard place. Jane Seymour and Lauren Hutton co-star as the attractive opposites in Lassiter's love life, a nightclub hooper who keeps trying to reform him and a kinky countess who'll go to great pains to keep him as he is.

Golden Harvest presents an Albert S. Ruddy Production starring Tom Selleck, Jane Seymour and Lauren Hutton in "Lassiter." Bob Hoskins, Joe Regalbuto, Ed Lauter and Warren Clarke also star. The film was directed by Roger Young, produced by Albert S. Ruddy and written by David Taylor.

On February 17, 1984, Columbia Pictures is proud to be releasing the film version of the International Award Winning stage play *THE DRESSER* in key cities across Canada.

THE DRESSER, starring Albert Finney and Tom Courteney, takes an intriguing look at behind-the-scenes relationships of traditional touring stage company in war torn Britain. It highlights the rapport of Sir, a legendary English actor of tremendous ego who is cracking under the strain of keeping his company on the road and his devoted dresser, Norman.

THE DRESSER was produced and directed by Peter Yates from a screenplay by Ronald Harwood based on his stage play, which was nominated for a Tony Award in New York and won in England both the New Standard and Drama Critics' Award for Best Play. In addition, Tom Courteney who portrays Norman, won both awards as Best Actor. Also starring in the film are Edward Fox, Eileen Atkins, Zena Walker, Michael Gough and Cathryn Harrison.

"Reckless," starring newcomer Aiden Quinn and Daryl Hannah opened on February 3 in approximately 900 theatres throughout the United States and Canada.

The film is about intense passions and emotional conflicts that rise like steam from a hot summer street. "Reckless" is directed by James Foley and written by Chris Columbus for producers Edgar J. Scherick and Scott Rudin.

"Reckless" is a showcase for discoveries -- notably, for Aiden Quinn, a twenty-four year old actor who debuts as Johnny Rourke, the rough-edged kind of guy that nice girls like Tracey Prescott, played by Daryl Hannah, never tell their parents about. The film's stars include Cliff De Young, Adam Baldwin, and two of America's premiere character actors: Kenneth McMillan and Lois Smith.

"Reckless" also features a powerful soundtrack which includes music by INXS, Kim Wilde, Romeo Void, Bob Seger and the Silver Bullet Band, Peggy Lee and Thomas Newman.

You Know You Watch Too Much Television When:

-you can state the exact day and time that any show is on WITHOUT having to refer to the TV GUIDE.

-you know the copyright year of an old rerun BEFORE the credits are rolled.

-you begin to think that Brick Warehouse commercials "aren't that bad after all".

-you think that all phone numbers start with "555".

-the disease you think you have this week was the main feature of "Trapper John, M.D." last week.

-you watch "Spiderman" cartoons with the volume turned down because you already know the dialogue.

-you reflexively reach for a remote control button when you want to make someone you meet on the street disappear.

-your optometrist finds that your eyes focus at the same distance as that between your favorite viewing chair and the television.

-you think that your friend's skin color could do with a bit more tint of green and a touch less contrast and brightness.

-you can no longer read a book unless it is either scrolled in front of you or flashed by your eyes for a few seconds a time.

-you can do business in the bathroom, feed the pets, take out the garbage, and prepare a snack, all within the two minutes of "a station break".

-you would rather watch "CBS News Nightwatch" instead of going to bed.

-you can think of a dozen signs that indicate you are watching too much television.

Vernon R.J. Schmid

P.S. Last week I mentioned the 18 hour delay that has been quite frequent during the Winter Games. During the Rome Olympics (in the age just before satellites), the delay between when the event happened and when it was viewed in North America was only ten hours. NASA should lose more satellites--our communication speed just might be faster without them.

Next Week: A birthday wish for a 30-year-old friend.

THE SPORTS QUIZ

1. A "WIDE RECEIVER":

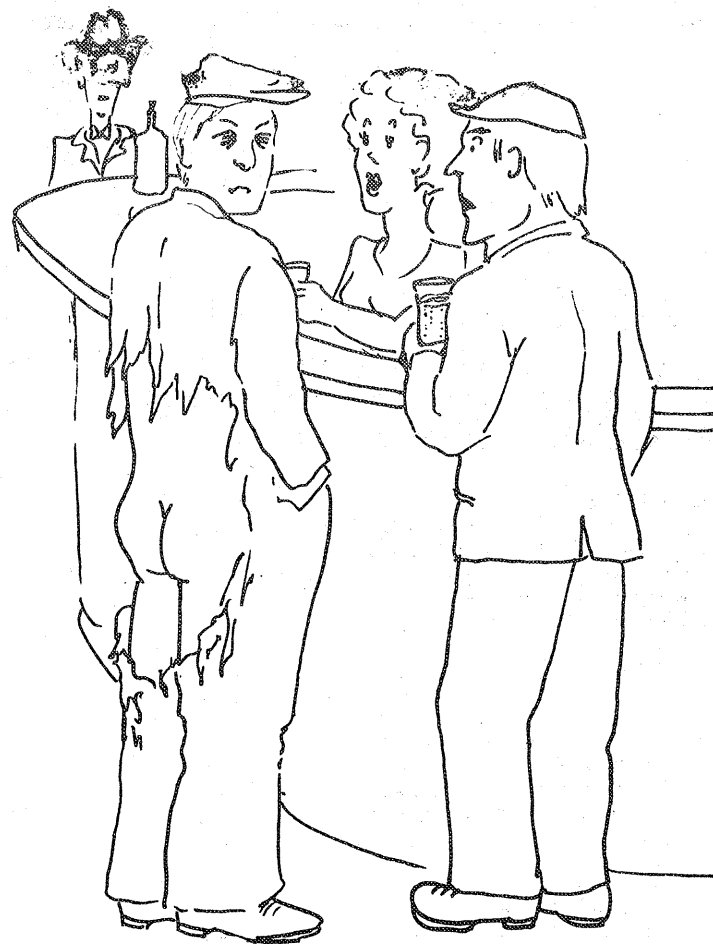
- ☐ is a pass catcher who lines up close to the sideline
- ☐ is a stereo that won't fit on your bookshelf
- ☐ is an overweight gift-recipient

2. A "SHOTGUN FORMATION" IS:

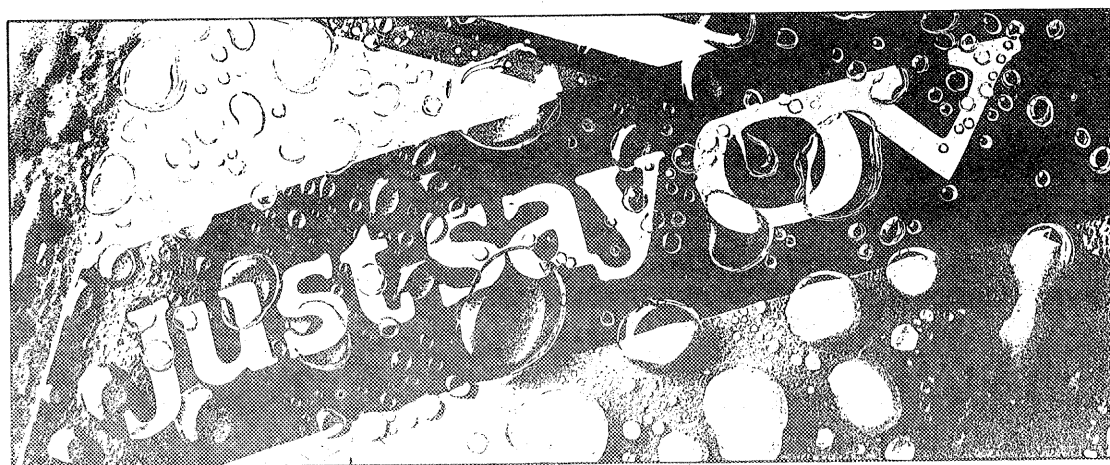
- ☐ a short-punt alignment with the quarterback taking the long snap
- ☐ what you don't want at your wedding
- ☐ a fast can of OV

3. "GIVING 110 PERCENT" REFERS TO:

- ☐ making an extra effort in sports
- ☐ paying back your student loan
- ☐ apologizing to your girlfriend



Now that's what I call a Fart!



FRIDAY & SATURDAY
MARCH 16 & 17
9 A.M. - 5 P.M.

Open
House
'84

- Displays
- Career Information
- Special Events
- Tours

NUGGET SPORTS

Ooks Hockey Ooks B-Ball Chicks V-ball

The NAIT Ooks have clinched first place in the ACAC before entering this past weekend's action. Two Red Deer defeats during the week, gave the Ooks top spot. NAIT then travelled down to Calgary and skated away with two important victories. On Saturday, February 11th, the Ooks downed the Sait Trojans 7-4. The Ooks then roared over the Mount Royal College Cougars 7-3 on Sunday, the 12th.

SATURDAY, FEBRUARY 11TH--NAIT OOKS 7, SAIT TROJANS 4 AT SAIT ARENA, CALGARY

The NAIT Ooks broke open a close contest in the third period with three tallies to down the Sait Trojans 7-4 at the Sait Arena in Calgary on Saturday, February 11th. With 10:43 elapsed in the first Randy Repchuk opened the scoring for Nait from Kevin Hayes and Hugh McCaskill. Two minutes and 13 seconds passed before Gary Hoekstra increased Nait's lead to 2-0 on a play with Jim Lee and Mark Schultz. Brian Keates of the Ooks connected at the 14:26 mark to make the score 3-0. Assists went to Randy Repchuk and Jamie Bartman. Sait then came back with a pair of goals. Bob Woykin scored at 17:38 to cut Nait's lead to two. Reno Contenti of the Trojans rounded out the periods scoring with 37 seconds left in the period.

Nait reinstated their two goals at 9:53 of the middle period when Gary Hoekstra and Jim Lee assisted on Mike Tookey's marker. Two minutes and 22 seconds passed before Sait's Pete Thrasher pulled the Trojans to within one.

Jim Lee shorthanded goal proved to be the winner for Nait with 1:52 gone in the final period. Mike Tookey and Jamie Bartman received the assists. Three minutes and two seconds followed before Randy Repchuk of the Ooks sealed the victory with help from Brian Keates and Gary Leach. At the 8:10 mark, Nait Captain Brian Hermanutz put the puck passed Sait Scott Webster after a pass play with Tom Tookey and Gary Haddon. Rich Norberg of Sait completed the evening's scoring with 1:31 left in regulation time.

Nait's Preston Yachimec turned away 30 Sait shots. At the opposite crease, Sait's Scott Webster handled the Nait Ooks on 30 occasions.

SUNDAY, FEBRUARY 12TH--NAIT OOKS 7, MOUNT ROYAL COUGARS 3 AT GLENMORE ARENA, CALGARY

Three powerplay goals in the first period helped the Nait Ooks beat the Mount Royal College Cougars 7-3 on Sunday, February 12th at the Glenmore Arena in Calgary.

Nait rearguard Larry Oswald's point drive on the powerplay gave the Ooks a 1-0 margin at 15:20 of the initial stanza. Hugh McCaskill of the Ooks then doubled the margin on a set-up from Franco Disciglio with 16:40 gone. Gary Leach placed the Ooks three goals ahead with Brian Hermanutz and Larry Oswald at the 18:25 mark.

Les Trainer started a Mount Royal rally with a shorthanded efforts at 3:39 of the second. Blair Onishenko of the Cougars lifted Mount Royal to within one at 14:34 while the Ooks were killing a penalty. Nait's Kevin Hayes made the score 4-2 at the 17:00 minute mark on a Garth Hayes and Randy Repchuk. Forty seconds later, Larry Oswald and Gary Hoekstra set up Mark Schultz who turned on the red light for the Ooks.

Kevin Imrie's blistering shot went into the Mount Royal net with 3:42 elapsed in the third. Kent Saunders tallied on a breakaway for the Cougars at 18:55. Randy Repchuk then finished the afternoon's scoring by putting the puck in the MRC net after a 2 on 1 break with Mike Tookey.

Nait's Cleo Rowin was outstanding in blocking 38 Mount Royal drives. Mount Royal's Dean Dobrescu stopped the Ooks 37 times.

Nait Coach Perry Pearn was pleased with the weekend wins, and remarked, "We played exceptionally well, particularly against the Cougars under extenuating circumstances. The officiating was less than desirable."

Coach Pearn added, "We're getting a solid team effort for 21 players which is assuring knowing that post-season play is just two weeks away."

The Ooks run into penalty problems over the weekend. The officiating was the worst ever in the ACAC, but the Ooks must still try to avoid the unnecessary penalties (delay of game, unsportsmanlike conduct, too many men on the ice).

ON THE BENCH: The Nait Ooks are No. 3 in the nation sporting a 20-3 record...The Ooks have no major injuries going into this weekend...Nait closes out the regular season with two home games. On Saturday, February 18th, the Ooks entertain the Red Deer College Kings. Action starts at 7:30pm. On Sunday, the Medicine Hat Rattlers are here for a 2:00pm. contest. Come out and support the Ooks and bring your friends.

On Monday, Feb. 6, the Nait Oookpiiks hosted the Maisonneuve Vikings, a basketball team from Montreal. The Vikings had just participated in the Vic Redmen Tournament.

Maisonneuve is a junior college, which means that grades 11 and 12 as well as two year of University are taught there. Because of this, many of the players on the team are relatively young. Despite this the team is in first place in their league which is the Quebec counterpart of the Alberta College Athletics Conference (ACAC). Paul Kane High School was generous enough to donate their cheer leaders for the event.

When it came time to play, the Vikings showed why they were first in their conference. They jumped out to an early lead and were never behind.

The Vikings gave the Ooks constant pressure and led the Ooks by 15 points at one point. But near the end of the half, the Ooks brought the lead down to 9 points. At half the score was 25-34 for the Vikings.

The Ooks seemed to be reborn in the second half; they improved both their offence and their defence. Through-out most of the game the Vikings led by a narrow pair of points.

With five minutes left, the Ooks tied the score.

Unfortunately, the Vikings decided that it was time for a surge. They did just that. From a tie score, they ran away to a 13 point lead as they downed the Ooks 69-82.

The Foul line: The next Ook game is Friday, Feb. 17 after the Rock'n Talk. So, if you're looking for a place to get crazy, go to the gym and cheer on the Ooks as they take on their crosstown rivals, the Grant MacEwan Griffins. The game starts at 8:15. The Oookchicks play at 6:30. Be there!



Ooks V-ball

On Wednesday, Feb. 8, the Red Deer College Kings hosted the NAIT Oookpiiks in an intense match which would be a major factor in determining which of the two teams would advance to the playoffs.

The Ooks came up big on this trip, beating the Kings three sets to one. The scores were 15-13, 15-10, 10-15 and 15-8.

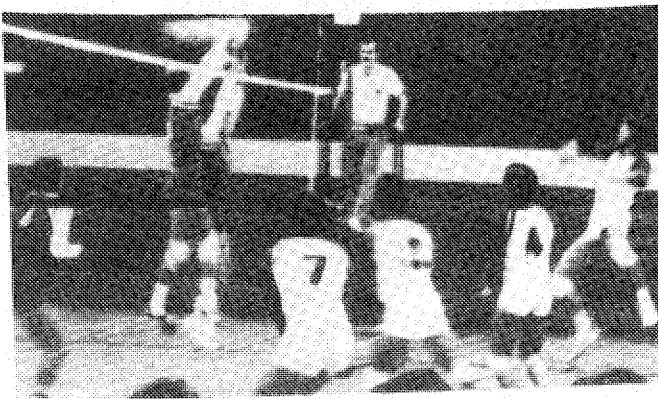
The intensity of the match saturated the air as the Red Deer fans tried to out cheer the NAIT fans (me, the Chicks, and some RTA students). The intensity in the stands only heated things up on the floor. Words were passed between the teams and mind games were played.

The third set, the only set the Ooks lost, was the only time the Ooks lost their concentration. At one point they trailed by seven points. They got their concentration back, although they lost the set. The Ooks won the fourth though, blowing Red Deer away 15-8 after allowing them to tie the score at 8.

Even though the Red Deer team has matches left, the Kings' coach said that they need help from other teams in order to make the playoffs.

To say how happy Ook coach Pierre Baudin was with his teams' win. Let's just say he was ecstatic.

The Ooks play on Saturday when they host Grande Prairie. Game time is 2:15.



The NAIT OookChicks travelled to Red Deer College last Wednesday, Feb 8. This was an important match for the Chicks as they needed to beat the RDC Queens.

Unfortunately, they lost in three straight sets. The scores were 5-15, 13-15, and 7-15.

The first set was a blowout for the Chicks. They never seemed to be quite ready to play.

In the second set the Chicks jumped out to a 10-5 lead.

But they didn't finish off the Queens. Instead they allowed the Queens to get back into the game and eventually win 15-13.

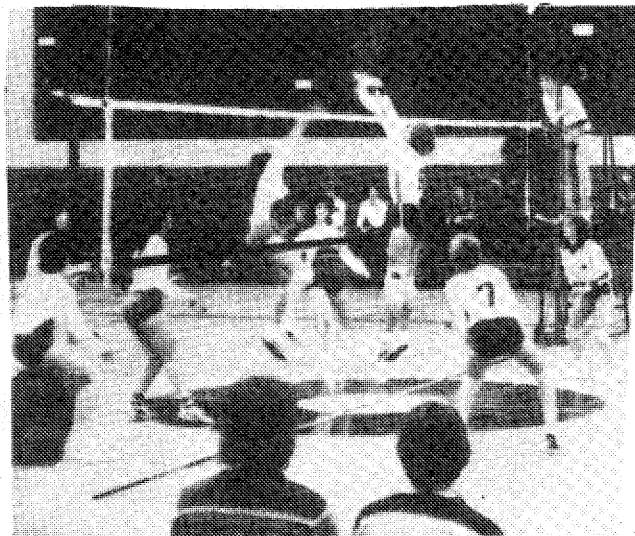
Even though the Chicks were down two sets to none, they did not appear to give up. They did have problems with a few of the Queens' serves. In the end, the Chicks lost this set as well.

This was a frustrating match to watch, because as much as our team played well, Red Deer seemed to play just a bit better.

The Red Deer coach said that although his team did not use any particular strategy, they basically tried to play their game. When asked as to which team, NAIT or GPRC, he would rather play against in the finals, he did not commit himself. He said that it all depends on how they play.

Peter Grundmanis, coach for the Chicks, said that the Chicks now have a "tough mountain to climb". Although they did not play badly, he said that they have played better. Susan Ouellette had an outstanding game according to Peter; since she is captain, she is expected to provide leadership.

The Chicks' next game is Saturday when they host Grande Prairie. Game time is 1:00.



NINTH ANNUAL CHEMISTRY SKI TRIP MARCH 1, 2, 3, & 4

Destination -

BIG MOUNTAIN

Whitefish, Montana

Cost - \$220.00

Price Includes

Transportation - Diversified

Coaches

Accomodation - On the HILL,

Hibernation House - Ski and

Lifts (4 days)

Breakfast and Extras

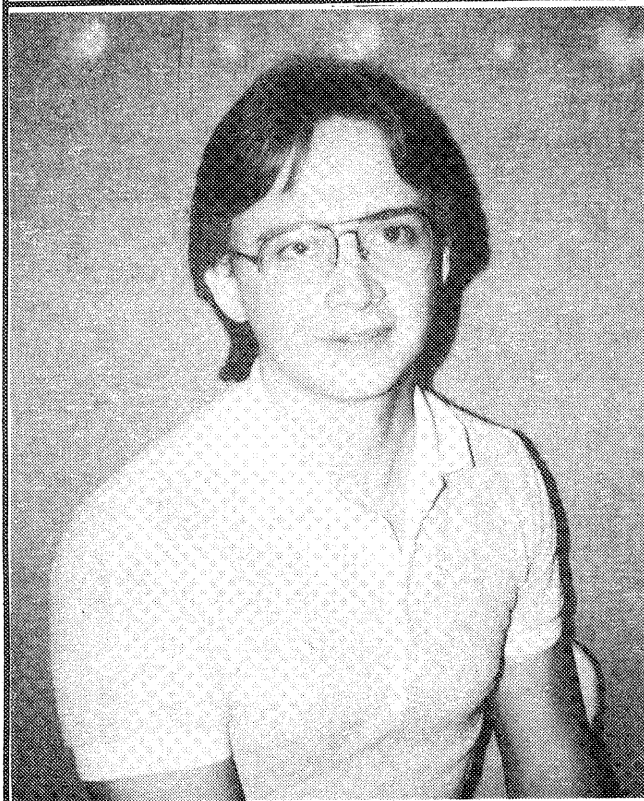
For more information phone Myron - 474-0116

Rita - 467-5480

Don - 464-6096

Itinerary available at G108. We have two buses, with limited room left.

ATHLETES OF THE WEEK



Garnet Eckstrand -2nd year Computers

Garnet has had just a phenomenal year in ACAC Championship play. This past weekend Garnet skipped the men's curling team to a gold medal in Medicine Hat with a perfect 6-0 record. Last fall as a member of the Men's Golf team, Garnet shot brilliantly, giving NAIT it's 3rd Championship in an ACAC record performance (629).

Garnet's ability is well recognized in curling circles. On four occasions he has represented the Sedgewick zone in the Northern Junior Provincial playdowns and last year he won one of the two Northern berths.

KELLY BOSER

Kelly Boser, a first year Business Administration student is in his first year as well with the NAIT Bowling team, and a spectacular first year it has been. In January at the Alberta Intercollegiate Invitational Bowling Classic he was named Most Valuable Player in the Mixed Division winning 18 out of a possible 20 match points and an average of 228. At the ACAC tourney held last weekend at Bonnie Doon Lanes, Kelly hit his peak performance to cap off the year. A powerful performance that helped the Mixed team to take the gold medal for the second year in a row he also won the gold medal for men's high average with a 255 for ten games.



NAIT Captures Alberta Racquetball Doubles Championship

Phil Heaton of Chemistry and Tim Fritzt of Civil combined brilliantly to defeat SAIT in the Alberta College men doubles final. This best of five match which was won by NAIT 11-7, 11-8, 11-8.

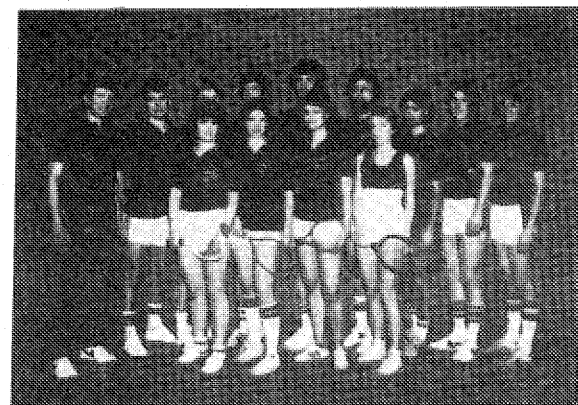
In this match which was characterised by long rallies, Phil and Tim showed great control discipline and team work. In doubles, because of the number of players on the court the kill shot must be perfectly timed or the ball is left for the opposition to put away. Coach Bob Buchan attribute part of Phil and Tim success to a defensive strategy which lured SAIT into trying to kill the ball from the back of the court. This left many set ups which NAIT scored from. Although NAIT won three straight round robin play SAIT showed they could play excellent racquetball.

In round robin which determined the doubles finalists NAIT defeated SAIT, GMCC and RED DEER. Congratulations on a great performance.

Brian Goguen of Respiratory should also be congratulated on winning the Mens Singles Consolation Final.

Other Results

Men Singles was won by Greg Roth of Red Deer. The Women Doubles by Sait and the Women Singles by Toni David of Olds. The calibre of competition was very high for the first year. The championship was very successful. It was used to set the guidelines for future A.C.A.C. Competition. Coach Bob Buchan wishes to thank his team for there great effort during tournament and their help in staging the tournament.



ADMINISTRATIVE SECRETARIAL ARTS

Presents

SADIE HAWKINS CABARET

**LADIES,
THIS IS YOUR CHANCE TO GET
THE MEN TO PARTY & DANCE!**

MARCH 2, 1984, 8:00 p.m.
MEMBERS: \$4.00, NON-MEMBERS: \$6.00
NORTHMOUNT HALL



**Open
House
'84**

DR. CHARLIE Y. CHI (A.B., O.D. (INDIANA)
OPTOMETRISTS)

IS PLEASED TO ANNOUNCE HIS ASSOCIATION
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GREAT

Rugby BASH

Your Hosts: Edmonton Rugby Union Annual Awards
Banquet and Dance
SATURDAY, FEB. 18

Everyone is welcome on all these occasions
HAPPY HOUR: 4:30 - 7:30 p.m.

For more info: 988-5245

A Rugby Film will be shown every Sun. at 2:00 p.m.
and Thurs. at 7:00 p.m.

COME TO THE
INSTRUMENTATION

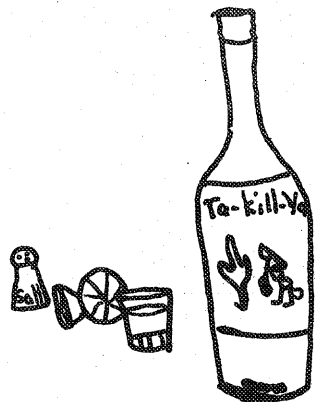
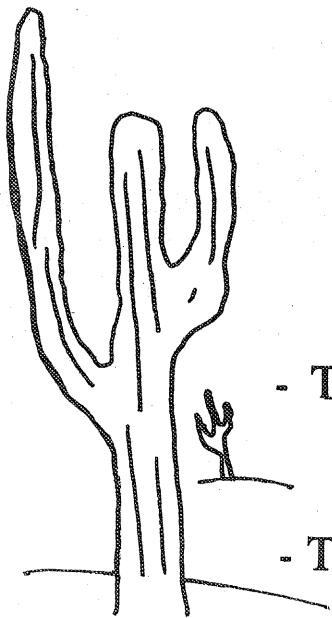
TEQUILA

CABARET

When: Friday February 17

Where: Eastwood Community Hall

Tickets: \$ 5.00



- Tickets on sale each noon hour in the main kiosk -
- Tequila shooters and Beer -

B.A.S TOGA PARTY

MUSIC BY PATCH SATURDAY, FEBRUARY 18, 1984

LIONS SENIOR CITIZENS RECREATION CENTRE Edmonton

13824 - 74 Street,

DOORS: 8:00 p.m.

MUSIC: 8:30 p.m.

MEMBERS: \$6.00

NON-MEMBERS: \$7.00

TICKETS IN T 611

DOOR PRIZE: GRAPHIC EQUALIZER FOR YOUR CAR

DONATED BY DR. GOODSOUND

RESPIRATORY TECH PRESENTS

BROKEN-HEARTS CABARET

AT THE
NURSE'S RES. GYM

U-A HOSPITAL

FRIDAY, FEB. 17 ~ 8:00 P.M.

TICKETS: \$5.00 ADVANCE / \$6.00 AT THE DOOR

MIDNIGHT LUNCH ~ DOOR PRIZE

The Edmonton
Intercollegiate
Rodeo Club

Presents

Pre-Rodeo Cabaret

Friday, Feb. 24th

Beacon Heights Community
League Hall
4418-118 Ave

-music by Country Music
Express (KISSIN COUNTRY)

-doors open 8:00 pm

-tequila shooters \$1.00

-advance (Kiosk) - \$5.00,
door - \$6.00

Our annual Rodeo is
scheduled for March 17 & 18,
so come help us get warmed
up.

Dental Assisting Tech's "A
CABARET" Is Postponed
Until March 16



Girls Night Out Hydro Carbon Cabaret

It was actually a surprise. With only six cabarets going on during the weekend, this one almost had full attendance.

Once we finally found the place (Bonny Doon Hall) in the mists of the edge of the city for some people. When we got there, we could hear the music and see the lights from down the street.

It started off slow, but after a while, people started to dance. There was no stopping the people after 9:30-10:00. The D.J. played every type of songs and dance: country, rock etc..

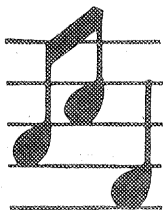
The D.J. himself was having a party behind the light show. Every now and then he would turn the LP light on the people drinking on the stage. The dance floor was always full. The ratio of males to females could have been closer.

The bartenders were kept hopping all night with the steady flow of drinkers who streamed between the dance floor and the bar.

At about 11pm, they served free hot dogs which were gratefully eaten.

The hall cleared out well at the end, although it took some time to do so.

By Michael van Kesteren



Open House '84

FRIDAY & SATURDAY

MARCH 16 & 17

9 A.M. - 5 P.M.

- Displays
- Career Information
- Special Events
- Tours

Franklin's Activities Calendar Coupons

Correction:

February special has changed to

"Free Soup of the Day"

with reg. priced meal (bring coupon)

The "NUGGET" is the student paper of the Northern Alberta Institute of Technology. It is published on a weekly basis during the school year September to May. Excluding editorials, articles do not necessarily reflect the views and opinions of the NUGGET staff. Contributions from students are welcomed. Submission deadline is Monday at 4:30 for Thursday's issue.

The Nugget is located at E128
Phone 471-7615
Local 7615

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NUTRITION: FOR GOOD- NESS SAKE

March is Nutrition month for 1984. The purpose of Nutrition month is to inform you, as well as others members of the public, of some of the fallacies and some of the facts about nutrition. As well, it is a time set aside to provide a few recommendations and helpful hints for healthy eating. Dietary Technology will be on the main campus on March 7. Also, the Physical and Leisure Education Department will be taking body measurements of fat, and the Nursing Department will be taking blood pressure.

-A Few Food Facts-

Fallacy: It is advisable to take vitamin supplements.
Fact: A diet with variety and planned according to Canada's Food Guide can supply all the vitamins needed for the average person. Therefore, a daily vitamin pill is not necessary for most people.

Fallacy: Bread and Pasta are fattening.

Fact: Bread and Pasta are not fattening. It is eating too much of one food that is fattening.

Fallacy: Raw sugar and honey are more nutritious than white sugar.

Fact: Raw sugar, honey and table sugar are all simply different forms of sugar. They are treated equally by the body's digestive system. Each has basically equal levels of carbohydrates and nutrients.

Fallacy: "An apple a day keeps the doctor away."

Fact: Not really. Eating an apple everyday will not guarantee perfect health. Apples are not extremely high in any of the essential nutrients, but they are low in calories and make a good snack or dessert.

The Department of National Health and Welfare suggest that Canadians should observe the following:

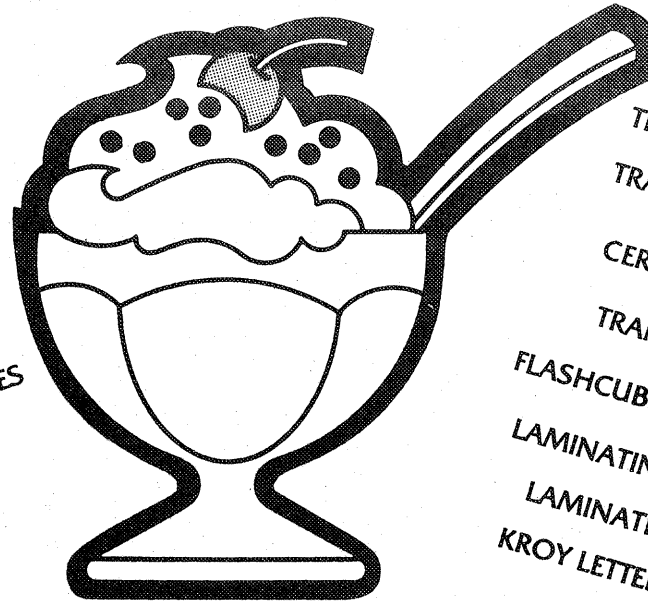
1. Consume a nutritionally adequate diet, as outlined in Canada's Food Guide.
2. Avoid overweight through appropriate food selection and increased physical activity.
3. Limit the total amount of fat, sugar, salt and alcohol in the diet.
4. Increase the intake of vegetables, fruits and whole grain cereals.

Hopefully the preceding has been of some interest and of some help. Remember, eating for health does not mean giving up everything good, but it does mean giving careful thought to your food choices.

Michele Tadman
Dietary Technology

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PENS
PENCILS
TRANSPARENCY FRAMES
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CERLOX COVERS
TRANSPARENCIES
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FILM
LAMINATING POUCHES
LAMINATING FILM
KROY LETTERING

No... Cherry Sundaes are not available,
NOT yet Anyway!

BUT, EVERYTHING FROM PHOTOCOPIES TO
SLIDE/FILM PROCESSING
and all PRODUCTION SERVICES
are available for personal sale
through

THE MEDIA WORKSHOP

- 2nd floor of the Library -



This service is particularly important to students preparing written and oral reports. The staff in the Media Workshop can assist in planning and preparing your materials effectively.

